

# FLEXIBLE SPENDING ACCOUNTS

More than 475,000 Feds use pre-tax dollars to save an average of **24%** on their family's health care and dependent care expenses.

When your insurance only covers part of an expense, or doesn't cover it at all, you're stuck with the bill. Joining FSAFEDS is like getting a **24% discount** on what you, your spouse, and your eligible children under 26 spend on:

**Prescriptions Deductibles & copayments**

**Over-the-counter drugs & medication**

**Lab tests**

**Ambulance Transportation (if it's a purely medical trip)**

**Eyeglasses**

**Prescription sunglasses**

**Contact Lenses**

**Laser eye surgery**

**Orthodontics**

**Birth control pills**

**In vitro fertilization**

**Massage Therapy**

**Sunblock**

**First aid kits**

**Diabetes testing supplies**

**Hand sanitizer**

**Wheelchairs and walkers**

**And more!**

You can also use FSAFEDS pre-tax dollars to save about **24%** on your **family's dependent care expenses**. It's like a 24% discount on:

## For your children under age 13:

- Day care
- Summer day camp
- Babysitting
- Before and after school care
- Housekeeper whose duties include child care

**Non-medical care for any adult who is mentally or physically incapable of self-care, who you claim as a dependent on your tax return, and who lives with you, such as your:**

- Parent, grandparent, or in-law
- Spouse, sibling, or adult child

You file claims by mail, fax, or online. Some insurance plans will file claims automatically for you. FSAFEDS quickly reimburses you for these expenses with pre-tax dollars you've set aside from your pay.

- The annual contribution minimum is \$100 for each kind of FSAFEDS account
- Health care participants have until December 31st to incur eligible expenses and can carry over up to \$550 of unused funds into another health care account in the subsequent year if requirements are met
- Dependent care participants have a grace period of an additional 2 ½ months (January 1 through March 15) to continue to incur eligible expenses against their prior year balance if requirements are met. Dependent care participants cannot carry over funds from one benefit period into another
- You can enroll during the Federal Benefits Open Season and must actively re-enroll each year to remain enrolled

**MORE INFO: [www.FSAFEDS.com](http://www.FSAFEDS.com) or 1-877-372-3337**

For complete information, including terms and conditions, please visit [www.FSAFEDS.com](http://www.FSAFEDS.com).



### Federal Employees Health Benefits (FEHB) Program

Unexpected accidents and illnesses can be expensive. Even routine doctor visits and prescriptions can add up. With FEHB, you have 15 or more health plan choices. Each plan provides comprehensive coverage for you, your spouse, and your children under age 26. It's competitive; **your agency contributes to the premium**. There are **no waiting periods** and no restrictions on pre-existing conditions. Cheers to health!

### Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you want more dental coverage than what your health plan offers, FEDVIP's comprehensive **dental insurance can cover you, your spouse, and your unmarried dependent children under age 22** for cleanings, x-rays, cavities, orthodontics, and more. With **12 dental plans** to choose from, it's easy to keep your family smiling.

### Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you want more vision coverage than what your health plan offers, FEDVIP's comprehensive vision insurance can cover you, your spouse, and your unmarried dependent children under age 22 for **eye exams, glasses or contact lenses, and discounts on laser eye surgery**. With **5 vision plans** to choose from and **premiums starting around \$3 biweekly**, you're looking well.

### Federal Employees' Group Life Insurance Program (FEGLI)

With FEGLI, your family is protected from burdensome funeral costs and catastrophic income loss if you die unexpectedly. You can **get coverage from as little as one year's salary to more than six years' salary** and many options in between. You can also get coverage for your spouse and eligible children. Now that's peace of mind you can live with.

### Federal Long Term Care Insurance Program (FLTCIP)

If you cannot perform everyday tasks such as eating, dressing, and bathing because of a chronic illness, injury, disability, or aging, long term care insurance can help you pay for the assistance you need. With FLTCIP, you and your eligible family members can be protected from this **financial burden that can cost an average of \$32,000 to \$91,000 a year**.

### Federal Flexible Spending Account Program (FSAFEDS)

More than 475,000 Feds use pre-tax dollars to save on their health and dependent care expenses. It's like a **24% discount** for what your family spends on **prescriptions, doctor visits, glasses, orthodontics**, and **other health expenses**. It's also like a 24% discount on **daycare expenses** for your children under age 13 and on daycare for your adult dependents. When you're in FSAFEDS, you're in the money.

**MORE INFO: [www.opm.gov/insure](http://www.opm.gov/insure)**

